High Yield References

Overview:


Prevalence:


Effects of Burnout:


Burnout Interventions-Reviews:


National EM Efforts beyond CORD

2017 Resident Wellness Consensus Summit scholarly activity:


AAEM: https://www.aaem.org/get-involved/committees/committee-groups/wellness

ACEP: https://www.acep.org/emwellnessweek
National Collaborations

**ACGME:** Physician well-being. Accreditation Council for Graduate Medical Education website. https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being

https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/ACGME-Symposium-on-Physician-Well-Being

**AMA:** Steps Forward. https://edhub.ama-assn.org/steps-forward/pages/professional-well-being

**National Academy of Medicine:** Action Collaborative on Clinician Well-Being and Resilience: https://nam.edu/initiatives/clinician-resilience-and-well-being/
Resilience Resources

**General:**

10 Ways to Build Resilience from American Psychological Association

**Appreciative Inquiry:**
"Three Good Things" resilience video: [https://www.youtube.com/watch?v=57ru-P7EuMw](https://www.youtube.com/watch?v=57ru-P7EuMw)

**Narrative Medicine:**
How to Tell a Mother Her Child is Dead. Naomi Rosenberg. The New York Times.

[https://journals.lww.com/emnews/fulltext/2017/04000/Letter_to_the_Editor__Narrative_Medicine_in_the_ED.27.aspx](https://journals.lww.com/emnews/fulltext/2017/04000/Letter_to_the_Editor__Narrative_Medicine_in_the_ED.27.aspx)
Resilience Resources

**Exquisite Empathy:**

Implicit Association Tests [https://implicit.harvard.edu/implicit/takeatest.html](https://implicit.harvard.edu/implicit/takeatest.html)


**Mindful Self-Awareness:**


[https://journals.lww.com/em-news/fulltext/2017/01000/First_Person__Kettlebells_for_the_Brain.17.aspx](https://journals.lww.com/em-news/fulltext/2017/01000/First_Person__Kettlebells_for_the_Brain.17.aspx)

10 simple ways you can practice mindfulness each day” Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital